A balanced diet is a healthy diet which provides our organism with the right amount of energy and with the different types of nutrients:

Function of the nutrients:

1. Energetic function: energy to carry out the vital functions. Carbohydrates and lipids: bread, pasta, rice, potatoes…
2. Structural function: to form our body tissues. Proteins and lipids: meat, fish, dried fruits, legumes, oil, butter, milk…
3. Regulating function: to control chemical reactions in our organism. Water, minerals and vitamins. They are in vegetables and fruits.